



January 2006

Volume 3, Issue #1

Inside this Issue

Page 1

- * *A New Year...A New Beginning*

Page 2

- * *Executive Director's Message*
- * *KPT Playground is here!*

Page 3

- * *Hawaiian Telcom Link-up Service*
- * *Palolo Valley Homes Association*

Page 4

- * *GED-CBASE Classes*
- * *Tips for Reading Aloud*

Page 5

- * *Homeless Awareness Week*
- * *Lanakila Senior Center*

Page 6

- * *Help is a phone call away.*

HCDCH Contact Numbers

Applications

832-5960



Fair Housing Officer

832-6003

Homeless Programs

832-5930

**Property Management
and Maintenance Branch**

832-6034

Resident Services Section

832-5900

A New Year..... A New Beginning



The beginning of a New Year brings gives an individual the opportunity to reflect over the past year and take a careful look at oneself. It's also an opportunity to start off with a clean slate, to forget about the past and to make resolutions for the upcoming year. The number of New Year's resolutions you make is not important. What is more important is to make New Year's resolutions that can make real changes to your life. As you make your resolutions for 2006, keep these four things in mind.

Make resolutions that you can attain: Instead of saying you want to lose 20 pounds, resolve to lose 10 pounds by Memorial Day or two pounds a month. This will break down your goal into smaller steps which you can reach.

Give yourself a reward: A bonus – like permission to buy something you like – will keep you focused.

Let others know: You may be surprised how many friends will support and help you in your quest to improve yourself.

Keep Trying: If you stumble along the way, just get back on track. New habits and new heights that are difficult to reach can bring a greater sense of satisfaction.

Many wishes for a prosperous 2006.





Executive Director's Monthly Message

We are proud of all we have accomplished this past year at HCDCH. Let's continue to build a culture of service and responsibility that strengthens and offers hope to those in need.

At the dawning of this New Year, let's work together to build on our successes and embrace the challenges and opportunities that lie ahead.

On behalf of the HCDCH Board of Directors and staff, we send our best wishes to all for a wonderful and safe Happy New Year.

Hauoli Makahiki Hou!

Stephanie Aveiro
Executive Director



The Playground is Here!!!

For almost three years, Good Beginnings Alliance, Island Recreation, and residents from Kuhio Homes and Kuhio Park Terrace (KPT) met to plan, fundraise, and organize their communities in preparation to build a 5,200 square-foot playground. To culminate this effort, 160 volunteers, comprised of residents, construction workers, and private, non-profit companies, converged on KPT on Saturday, December 3, 2005, to build a state-of-the-art playground.

The playground consists of one structure for children 2 to 5 years old. Children will be able to traverse two covered platforms connected by a tube and two slides and also be able to play a variety of board games that also double as panels for this structure.

The second structure is designed for children, ages 5-12 years. This structure consists of two towers, each with a slide. Older children will be able to negotiate a zip line, a climbing rock and other climbing apparatus. In between both structures is a large canopy, where picnic tables and benches are situated strategically to encourage families to gather in the playground.

After the volunteers successfully put the playground together, some time was needed to install a rubberized surface. The playground officially opened on Saturday, December 17, 2005 after an opening ceremony. The celebration was attended by the Honorable Lt. Governor James "Duke" Aiona.



Residents, construction workers, and volunteers from private and non-profit business joined in putting together the Kuhio Park Terrace playground.





Lifeline/Link-Up Service

Hawaiian Telcom

Telephone service is important. It often serves as a lifeline that keeps you connected with family, friends, and public services such as banks, doctors and pharmacies.

Hawaiian Telcom is offering statewide Lifeline/Link-up Service, for low-income residential customers who meet federal and state guidelines. Lifeline lets you stay connected with basic local phone service at a big discount off the regular monthly rate. If you meet the federal guidelines, you may also receive a discount on installation charges.

If you are interested or want an application form, call 643-3456, go to http://www.hawaiiantel.com/aboutus_community/htm or you can pick up an application at any of the Hawaii Telcom Branches located near you. (See list below)

OAHU

Downtown Honolulu	1777 Bishop St.	521-2722
Mililani	95-221 Kipapa Drive.	625-0055
Pearlridge	98-1005 Moanalua Rd Suite 502	487-1160
Ward Warehouse	1050 Ala Moana Blvd.	592-2420
Windward Mall	45-056 Kamehemeha Hwy.	235-5775

KAUAI

Lihue-Kukui Grove	3-2600 Kaumualii Hwy	245-9511
-------------------	----------------------	----------

MAUI

Kahului-Kaahumanu Center	275 Kaahumanu Ave	877-7345
--------------------------	-------------------	----------

BIG ISLAND

Hilo-Prince Kuhio Plaza	111 E. Puainako St.	959-8868
-------------------------	---------------------	----------



..... Palolo Valley Homes Ohana Association



It's the season of giving....On November 19th, the Palolo Valley Homes Ohana Association partnered with the Mutual Housing Resident Association for Palolo Homes to provide an early Thanksgiving dinner for the less fortunate at Ala Moana Beach Park. From 4:30 pm to 6:00 pm, over 150 people were served an ono meal of shoyu chicken, hot dogs, cookies, cake and bottled water. In an amazing show of aloha, all of the menu items were donated by the Palolo Valley Homes residents, who also prepared, cooked, transported and served the feast. "It just felt like the right thing to do" was the recurring sentiment from all the volunteers.



CBASE and GED Classes

One of the very first steps in giving yourself the foundation that you need to be self-sufficient is getting your high school diploma. Below is a list of statewide community schools and their phone numbers. Most of the community schools will be starting their registration for their spring semester on January 9, 2006. If you are interested in enrolling, please call the community school in your area for most current class offerings, times and dates.

Island	School Name	Address	Phone #
Oahu	Farrington Community	1101 Kalihi Street, Hon, HI 96819	832-3595
Oahu	Kaimuki Community	2705 Kaimuki Ave D-101, Hon, 96816	733-8460
Oahu	McKinley Community	634 Pensacola St Rm 216, Hon, 96814	594-0540
Oahu	Moanalua/Aiea Comm	2825A Ala Ilima, Hon, 96818	837-2466
Oahu	Wahiawa Comm	1515 California Ave, Wahiawa 96786	622-1634
Oahu	Waipahu Community	94-1211 Farrington Hwy, Waipahu 96797	675-0254
Oahu	Windward School	730 Iliaina St, Kailua, HI 96734	254-7955
Hawaii	Hilo Community	450C Waianuenue Ave, Hilo 96720	974-4100
Hawaii	Kona Community	74-5000 Puohulihuli St, Kailua, Kona 96740	327-4692
Kauai	Kauai Community	3607A Laia Rd #P-12, Lihue 96766	274-3390
Maui	Maui Community	179 Kaahumanu Ave, Kahului, 96732	873-3082

Tips for Reading Aloud



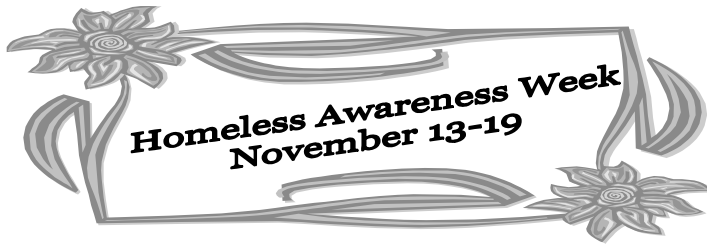
Reading aloud to your child is the number one suggestion from reading experts across the nation to increase your child's desire to read. Whether your child has already started to read or haven't yet begun, here are a few tips to help you get the most out of your time together.

Encourage participation: If the story you are reading has repetition, challenge your kids to repeat the key phrases to you or you can stop occasionally and ask if someone can predict what will happen next.

Get comfortable: Offer your children soft mats or pillows to sit on. Give them blankets to snuggle up on cold days, or sit near a cool breeze when the weather is warm. Give them a snack or drink before you start.

Remove distractions: Make your reading spot as quiet as possible so your youngsters can focus on the story. Consider turning off the television and ignoring the phone to avoid interruptions.

Keep it appropriate: Look for books that are close to your child's reading level.



November 13 thru 19, 2005, was the National Homeless and Hunger Awareness Week. The HCDCH's Homeless Program Staff coordinated the statewide efforts to increase awareness and understanding of the plight of homelessness in Hawaii. Governor Linda Lingle and Lt. Governor James "Duke" Aiona held a proclamation signing at the State Capital, while the Mayor of each county signed their own proclamations. Each of the County Homeless Continuums of Care (Maui Kauai and Hawaii) conducted events to commemorate Homeless Awareness week on their island.

The coordinated effort included a performance at the State Capitol of "Truly Dually" depicting the struggles of the dually diagnosed homeless and the system of care available. The 11th Annual Homeless Forum convened at the Honolulu Airport Conference Facility and was attended by government, non-profit and community participants from all of the islands, to foster the statewide efforts to end homelessness. HCDCH Executive Director Stephanie Aveiro and the City's Department of Community Service Director Debbie Morikawa were keynote speakers.

To culminate the week of events, a candle light vigil was held in all counties. The State Capitol was the site of the Honolulu vigil, with food, entertainment and testimonials from those who have experienced homelessness.



A prayer is said in a circle at Honolulu Hale on Friday, November 18, 2005 after a march calling for aid for the homeless.

Lanakila Multi-Purpose Senior Center

The Lanakila Multi-Purpose Senior Center, located at 1640 Lanakila Ave, is the largest senior center in the state and is available to seniors 60 years and older living in communities from Fort Shafter to Ward Avenue. Those who live outside of these areas can also participate by first performing volunteer service at the center.



Seniors take part in an arts and craft class.

Some of the activities offered at the Lanakila Multi-Purpose Senior Center are cultural clubs, arts and crafts, dance classes, exercise and martial art classes, music classes, health promotion and social service assistance.

Many seniors go to the Senior Center to serve, to learn and to give back to their communities by participating in service projects at area hospitals, care homes and schools.

If you are interested or need more information about the center, please call (808) 847-1322.



Dance classes are available at the Lanakila Multi-Purpose Senior Center



Help is just a phone call away.....



Mental illness can be a major obstacle in an individual's life. A mental illness can affect an individual's ability to interact with others, the ability to hold a steady job or just the ability to care for themselves. The Department of Health provides mental health services like case management and psychiatrist/therapist appointments through their community mental health centers.

In order to be linked up to services with the Department of Health, there are a couple of steps that the individual has to complete. The first and most important step is having the individual acknowledge that he/she has mental health issues and be willing to accept professional treatment. The second step includes assessing whether the individual is eligible for professional services. This can be done by contacting the Access Line to set up an appointment for an initial assessment at the nearest community mental health center.

The Access Line is open 24 hours day, seven days a week. For Oahu residents, they can be reached at 832-3100. Neighbor island residents can call the Access Line toll free at 1-800-753-6879. So if you or someone you know needs assistance with mental health issues, the Access Line is just a phone call away.



To find or give help call 211

It's free. It's confidential. And it's available 24 hours a day.

211 is a three-digit telephone number that connects you to 4000 community services across the state of Hawaii.
With one easy phone call, find or give help.

2

1

1

**Visit www.auw.org
for 211 services online.**



Starting with this January 2006 Issue, the HCDCH Newsletter will include information on the various programs operated by the Housing and Community Development Corporation of Hawaii (HCDCH). HCDCH provides the continuum of housing ranging from the development of affordable housing to the funding of homeless shelters. By providing information on all of its various programs, the HCDCH hopes to keep more people informed of the many services we provide.